



What Foods Are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Key Consumer Message *Make half your plate fruits and vegetables.*

Commonly eaten fruits

- Apples
- Apricots
- Bananas
- Cherries
- Grapefruit
- Grapes
- Kiwi fruit
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Papaya
- Pineapple
- Plums
- Prunes
- Raisins
- Tangerines

Berries

- strawberries
- blueberries
- raspberries

Melons

- cantaloupe
- honeydew
- watermelon

Mixed fruits

- fruit cocktail

100% Fruit juice

- orange
- apple
- grape
- grapefruit

